



Public Service Announcement

## Ladder Safety Tips

Provided by your

Local Emergency Management Office



### Home Safety Tips: Ladder Safety

Falls are by far the leading cause of home injury fatalities. The safest way to climb indoors and out is to use a safe and sturdy ladder. Whether you're cleaning, hanging decorations or painting, the same basic ladder safety rules apply:



Always use a sturdy ladder when climbing; it's too risky to climb on a chair.



Before using a ladder outdoors, choose a location that is well away from all power lines. Coming in contact with live wires can be fatal.



Place the ladder on level ground and open it completely, making sure all locks are engaged.



Use the 4-to-1 rule for extension ladders: for each 4 feet of distance between the ground and the upper point of contact (such as the wall or roof), move the base of the ladder out 1 foot.



Always face the ladder when climbing and wear slip-resistant shoes, such as those with rubber soles.



Keep your body centered on the ladder and gauge your safety by your belt buckle. If your buckle passes beyond the ladder rail, you are overreaching and at risk for falling.



Make sure rungs are dry before using the ladder.



Stand at or below the highest safe standing level on a ladder. For a stepladder, the safe standing level is the second rung from the top, and for an extension ladder, it's the fourth rung from the top.